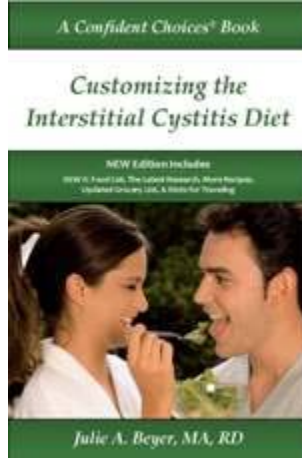


About Customizing the Interstitial Cystitis Diet (A Confident Choices® Book)



Title: *Customizing the Interstitial Cystitis Diet (A Confident Choices® Book)*

Author: Julie Beyer

Publication Date: 2011

ISBN: 978-0976724674

Number of Pages: 210

Retail Availability: <http://ic-diet.com>, Amazon, Interstitial Cystitis Network (www.icnsales.com)

Description: Over 90% of interstitial cystitis patients report that food choices can affect their symptoms! This easy to use workbook can help patients determine their personal trigger foods and get them on their way to feeling better! *Customizing the Interstitial Cystitis Diet* also includes information on exercise, stress management, emotional issues, while illustrating success stories with patient stories.

Most important points from the book

- Long awaited by the interstitial cystitis community, *Customizing the Interstitial Cystitis Diet* was written by a registered dietitian who knows what it is like to live with interstitial cystitis.
- BONUS sections include a grocery store list, information on meal planning, nutrition supplements, food intake and voiding diaries, and planning sheets
- Includes several pages of recommended IC resources

Testimonials:

"I have learned that modifying my diet is my choice. I can feel pretty good, or I can give into that craving for chocolate and have to deal with the pain of making that decision. Most of the time the pain price is not one I am willing to pay." *IC Patient, Annie*

I just wanted to drop you a quick line and tell you how much I have enjoyed the "Confident Choices" Cookbook. It has helped me immensely and brought me great peace of mind. Your books brought me back to life in a way, and I can never thank you enough for all of your wisdom! Kristy W.

Thank you for your positive, professional yet personal perspective on IC. I appreciate all of the time, energy and thoughtfulness that you pour into your writing. It has been a real life saver for me already and I've only just begun this journey.

With heartfelt appreciation, Chris J.

Offering the viewpoint of both a patient trying to heal herself and nutrition expert seeking to help others, Julie Beyer takes nutrition counseling into a new realm exploring how food choices impact the severity of symptoms for many patients with IC.

Barbara Gordon, RD, Executive Director
Interstitial Cystitis Association (ICA, www.ichelp.org)

Julie Beyer is a shining example of the IC patients who are determined to make a difference. Julie developed the first seminars for dietitians to help them understand the unique dietary demands for IC patients, and with this book, she has also created an excellent resource for nutrition educators.

Jill Osborne, MA, President
Interstitial Cystitis Network (www.ic-network.com)

About the Author



Julie Beyer, MA, RD, CWPC
Nutrition, Health and Wellness Speaker and Author
BS Dietetics: Michigan State University
MA Health and Risk Communications: Michigan State University
Certified Wellness Program Coordinator – National Wellness Institute

Drawing from personal experience with interstitial cystitis and her professional expertise as a registered dietitian, wrote her first book for IC patients in 2005. *Confident Choices: Customizing the Interstitial Cystitis Diet* provides valuable information about diet, stress management, and exercise, and continues to be a popular resource for interstitial patients around the world. *Confident Choices: A Cookbook for IC and OAB* was published in 2009. An activist in the interstitial cystitis community for over 12 years, Julie provides dietary counseling to individuals and speaks at IC support groups and professional organizations around the country. She volunteers as a lead moderator for the Interstitial Cystitis Network, and writes about IC and diet for both the Interstitial Cystitis Network and the Interstitial Cystitis Association.